



**Under the direction of
Carol Baker-Fulco, MS, RD**



Performance Choices

POWER

PERFORMANCE

THE NUTRITION CONNECTION















LUNCH

FRIED CHICKEN

SAVORY BAKED CHICKEN

SWEDISH MEATBALLS

MASHED POTATOES

BROWN GRAVY

CHICKEN GRAVY

BEAN COMBO

WHITE BEANS







OPERATION AND SAFETY
PROCEDURES
CIRCUIT ELECTRIC

OPERATION AND SAFETY
PROCEDURES
CIRCUIT ELECTRIC

Main Entree
































26-36 Grams Fat
38-50 Grams Carbos

18-26 Grams Fat
56-69 Grams Carbos







D-25-5

GUIDE TO GOOD EATING

Hot Griddle Cakes
FOOD ITEM

2 piece
SERVING SIZE

CALORIES	
212	
FAT	SODIUM
m	m

Nutrition Information



DAIRY _____ MEAT _____ GRAIN _____ FRUIT VEG _____ OTHER _____





Nutrition Facts

Potato Chips

Serving Size 1 oz.

Amount Per Serving

Calories 150

Calories from Fat 90

% Daily Value *

Total Fat 10 gm 15 %

Saturated Fat 3 gm 15 %

Cholesterol 0 gm 0 %

Sodium 133 mg 6 %

Total Carbohydrate 15 gm 5 %

Dietary Fiber 0 gm 0 %

Sugars 0 gm

Protein 2 gm

Vitamin A 0% • Vitamin C <2%

Calcium <2% • Iron <2%

• Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Nutrition Facts

Pretzels

Serving Size 1 oz.

Amount Per Serving

Calories 110

Calories from Fat 9

% Daily Value *

Total Fat 1 gm 2 %

Saturated Fat 0 gm 0 %

Cholesterol 0 gm 0 %

Sodium 450 mg 19 %

Total Carbohydrate 22 gm 7 %

Dietary Fiber 0 gm 0 %

Sugars 0 gm 0 %

Protein 3 gm

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DID YOU KNOW?

Please Take A Leaflet

New McLean Deluxe.
Hold the fat.

We're lowering
our cholesterol. 10

We're lowering
our cholesterol. 10

100% pure beef. 2

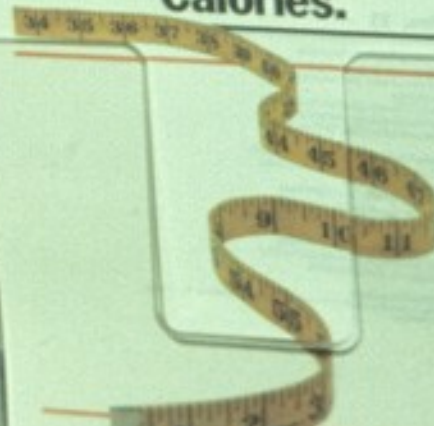
We're lowering
our cholesterol. 10

What's not nutritious
in our salad? 1

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in our salad? 1

Introducing our
lowfat breakfast. 4

Calories. 11













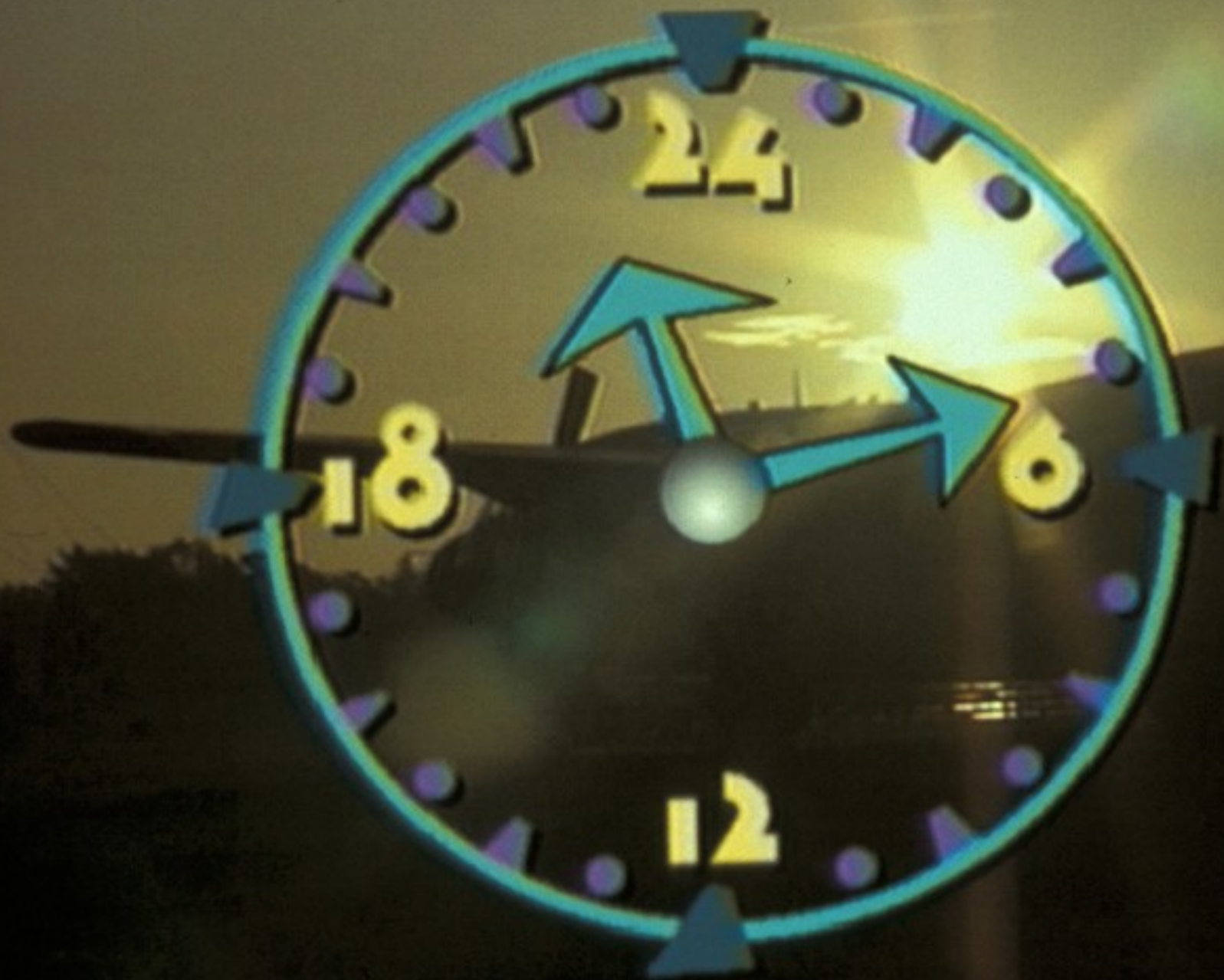












**Light Carbos
2-4 Hrs. Before**





**Small Carbo Meal
15 Minutes Before**













A group of soldiers in camouflage uniforms are running outdoors. The soldiers are in various stages of motion, with some in the foreground and others in the background. The background shows a grassy field and some trees.

carbohydrates

20 min. - 2 hours after



A close-up photograph of a person's face and hand as they drink from a white plastic water bottle. The person's eyes are closed, and their head is tilted back. The background is a blurred green, suggesting an outdoor setting. Overlaid on the image is yellow text with a black outline.

water loss

hinders performance

heat stroke







D-25-5

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